



the fresh FORK

SEASONAL CATERING. QUALITY SERVICE.

BREAKFAST

BUILD-YOUR-OWN BREAKFAST

selections are priced a la carte, please mix and match

seasonal fruit platter	4.00 pp
yogurt parfait	4.30 ea
fresh baked mini muffins and pastries	3.00 pp
scrambled eggs or egg whites	2.00 ea
crispy applewood bacon (2 slices)	2.00 ea
pork sausage (2 links)	2.00 ea
home fried potatoes	2.00 ea
breakfast burritos with pork green chile	4.00 ea
bagels served with cream cheese, butter, jam	2.00 ea
protein bars	2.50 ea
whole fruit	1.25 ea
individual yogurt	2.50 ea
biscuits and gravy	3.00 ea
hardboiled eggs	2.00 ea
breakfast sandwich	3.00 ea

BUNDLED BREAKFAST

breakfast graze mini scones, cinnamon rolls, fresh fruit platter, seasonal yogurt parfaits, trail mix, coffee service and bottled juice	9.00 ea
continental mini pastries, bagels, muffins, butter, jam, fresh fruit platter, assorted bottled juice, hot tea, regular and decaf coffee	8.50 ea
classic hot breakfast scrambled eggs with cheese, bacon, sausage home fried potatoes, assorted bottled juice, hot tea, regular and decaf coffee	10.00 ea
steel cut oatmeal hot steel cut oatmeal, brown sugar, dried cranberries, honey, fresh berry bowl assorted bottled juice, hot tea, regular and decaf coffee	8.00 ea
fruit and yogurt fresh fruit, greek yogurt, granola, honey, brown sugar, bottled juice, hot tea, regular and decaf coffee	9.00 ea
protein pack eggs, yogurt, mixed berries, trail mix	6.00 ea

BEVERAGES

hometown bean coffee regular and decaf coffee, tea, condiments	2.50 ea
energy drinks	3.30 ea
bottled juice	1.70 ea
bottled water	1.50 ea
bottled iced tea	2.00 ea
bai beverages	2.30 ea
gatorade	2.30 ea
bottled soda	2.00 ea
coconut water	2.30 ea



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BUTCHER
+
BAKER

BUTCHER + BAKER

build your own deli 10.00 ea

variety of deli meats and cheeses, roasted vegetables, condiments, specialty rolls, choice of side salad, house chips and cookies

executive boxed lunch 11.50 ea

assortment of wraps and sandwiches, side salad cup, chips, whole fruit and a cookie to go

**unless specified, all sandwiches/salads will be an assortment*

caesar wrap chicken, parmesan, tomato, crouton, romaine, & onion

swiss & roast beef avocado, tomato, lettuce, & onion

veggie wrap roasted mushrooms, peppers, onions, & squash

chicken or tuna salad celery, onion, mayo, lettuce, & tomato

classic club turkey, bacon, ham, lettuce, tomato, & cheddar

roasted beef & goat cheese wrap beets, goat cheese

turkey & cheese wheat or white bread with turkey & cheese

ham & cheese wheat or white bread with ham & cheese

classic boxed lunch 10.50 ea

assortment of classic sandwiches, chips and a cookie to go

available sandwiches listed above

salad boxed lunch 12.00 ea

your choice of chicken caesar salad, chef salad, garden salad, or cobb salad, served with whole fruit, cookies, & chips

add soup of the day to any luncheon 4.00 ea

soup and half sandwich 12.50 ea

soup du jour and half a sandwich, served with side garden salad, chips, cookies, & bottled beverage

SALADS

grilled vegetable platter 5.00 pp

soup and salad 8.00 pp

soup du jour and choice of entrée salad platter, served with two dressings & assorted mini desserts

house salad platters 10.00 pp

selection of entrée salads, two dressings, & rice krispy treats

selections include:

chicken caesar salad

chef salad

gourmet cobb salad

buffalo chicken salad

grilled vegetable salad

israeli cous cous salad

tomato basil pasta salad

tuscan bread salad

strawberry & bleu cheese salad

white bean & kale salad



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CREATE

INTERNATIONAL

pico italia penne pomodoro, tuscan chicken, garlic bread, caesar salad, parmesan cheese, mini dessert bars, and bottled water	14.00 ea
taco cantina carne asada, carnitas, soft tortillas, pico de gallo, salsa roja, black beans, spanish rice, shredded lettuce, cheddar cheese and cookies, bottled water	13.00 ea
add guacamole	1.50 ea
add dressing and lettuce for taco salad	1.50 ea
add green chile	1.50 ea
asian sesame chicken with peanuts (on the side), beef & broccoli, jasmine rice, stir-fried vegetables, egg rolls, fortune cookies, asian slaw, and bottled water	14.00 ea
mediterranean graze grilled pita, falafel, grilled greek chicken, classic hummus, kalamata olives, diced tomatoes, diced cucumbers, red onion, feta cheese, tzatziki, lettuce, tabbouleh, and bottled water	16.00 ea

CREATE

chicken piccata chicken with lemon & capers, strawberry and bleu cheese salad, quinoa, & green beans	15.00 ea
roots and seeds build your own salad bar array of fresh garden salad ingredients and dinner rolls	13.00 ea
PICK 2 herb grilled chicken grilled wild salmon grilled steak grilled shrimp	
grilled skirt steak grilled skirt steak, chimichurri, rosemary roasted red potatoes, green beans with onion and fennel, garden salad, balsamic vinaigrette and cookies	12.00 ea
parmesan crusted tilapia served with orzo, sautéed spinach, & a fresh fruit salad	14.00 ea
baked potato bar seasoned russet potatoes and sweet potatoes, steamed broccoli, cheese sauce, vegetarian chili, shredded cheddar cheese, green onions, salsa, sour cream, bacon, garden salad and cookies	11.00 ea
sweet potato bar baked sweet potatoes, served with cinnamon, butter, brown sugar, pecans, marshmallows, etc	11.00 ea
smoke house your choice of two proteins, served with macaroni and cheese, jalapeno cheddar corn bread, cookies, & a garden salad	13.00 ea
PICK 2 beef brisket smoked chicken pulled pork hot links	

custom selections available upon request



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PIZZA

16" PIZZA

16" rustic pizzas are made in house, & each pie has 8 slices.

4 cheese mozzarella, provolone, parmesan and cheddar	15.00ea
pepperoni mozzarella, crushed tomatoes, pepperoni	17.00ea
the works italian sausage, red onions, bell pepper, black olives, mozzarella cheese	18.00ea
margherita fresh mozzarella, roma tomatoes, fresh basil	17.00ea
meat lovers pepperoni, sausage, ham, bacon, mozzarella	18.00ea
white white sauce, roma tomatoes, grilled chicken, spinach	17.00ea
add side caesar salad & beverage to any order	4.00 ea

CALZONES

7" calzones are made in house, & prices are listed individually.

bbq chicken grilled chicken, mozzarella, bbq sauce, cilantro, red onion	9.00 ea
steak pizzaiola steak, garlic, bell peppers, onion, mozzarella, crushed red pepper, salt, black pepper	9.00 ea
veggie bell peppers, mushrooms, red onion, olives, mozzarella	7.00 ea
farmhouse chicken grilled chicken, ranch, ham, mozzarella	9.00 ea
four cheese mozzarella, ricotta, cheddar and provolone	7.00 ea
add side caesar salad & beverage to any order	4.00 ea

WE CUSTOMIZE

our catering menu is only a guideline. we are happy to customize a menu that will meet your culinary and budgetary needs.



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SNACK

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price per ½ dozen:

cookies	8.00
brownies	8.00
rice krispy treats	7.00
mini dessert bars	11.00
mini cupcakes	8.00

a la carte:

assorted candy bars	1.50 ea
protein bars	2.50 ea
whole fruit	1.25 ea
house-made trail mix	4.00 pp

protein box 5.00 ea

will include an assortment unless specified

BOX 1 mixed nuts, greek yoghurt, hardboiled eggs, apple slices

BOX 2 hardboiled eggs, greek yoghurt, mixed berries, trail mix

fruit and cheese tray with crackers 6.00 pp

popcorn bar 2.50 pp

buttered popcorn with assorted seasonings

crudité 4.50 pp

assorted fresh vegetables served with ranch dressing & hummus

THEMED BREAKS

all prices listed are per person.

house chips 3.00 pp

choice of seasoned house made potato chips

barbeque

black pepper parmesan

cajun

original salted

add spinach & artichoke dip 1.50 pp

add sweet onion dip 1.50 pp

add ranch dip 1.50 pp

fiesta 5.00 pp

chips, salsa, pico de gallo

add guacamole 1.50 pp

bruschetta 6.00 pp

classic bruschetta

all chocolate 6.00 pp

chocolate cake bites, iced brownies, chocolate cookies, assorted miniature chocolates and fresh strawberries

CELEBRATION

full sheet, ½ sheet, ¼ sheet cakes,
specialty desserts and cupcakes

call our catering team to
elevate your event!